Wounded Warrior Regiment
Navy Safe Harbor

2010 Navy and Marine Corps Combat Operational Stress Control Conference

Col Gregory A D Boyle, USMC

CAPT Mary K. Jacobsen, NC, USN

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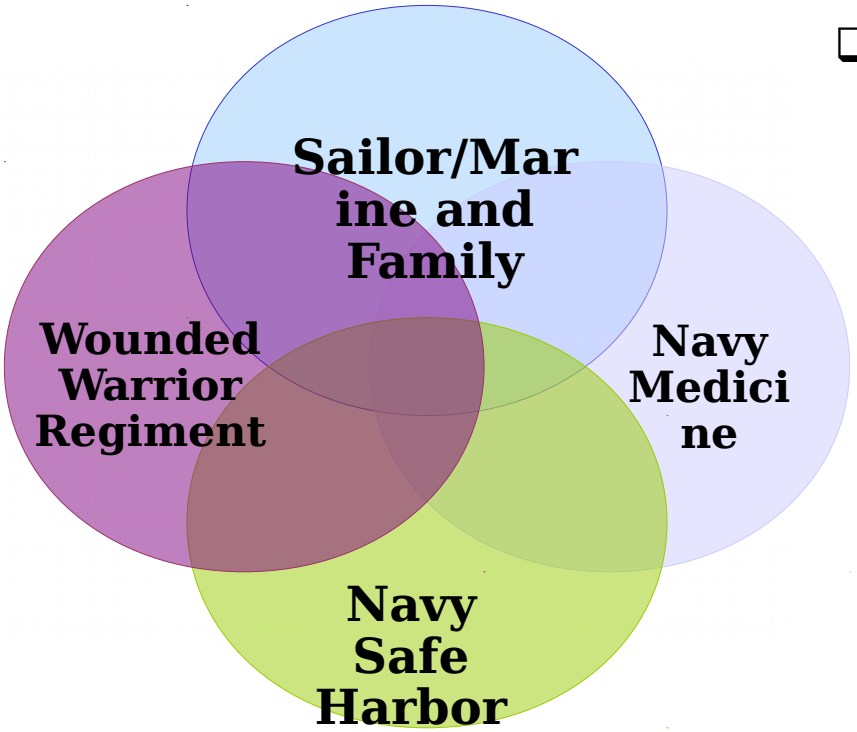
Psychological Health Challenges

- Post Traumatic Stress
- Traumatic Brain Injury
- Stigma
- Suicide risk
- Depression
- Collocation of physical and psychological patients
- Pharmaceutical risk management
- Lack of command understanding
- Balancing good order and discipline with individual issues

Psychological health challenges affect Sailor, Marine and family lives:

- ***Marriages and Relationships***
- ***Financial***
- ***Employment***
- ***Education***
- ***Transition***
- ***Legal issues***

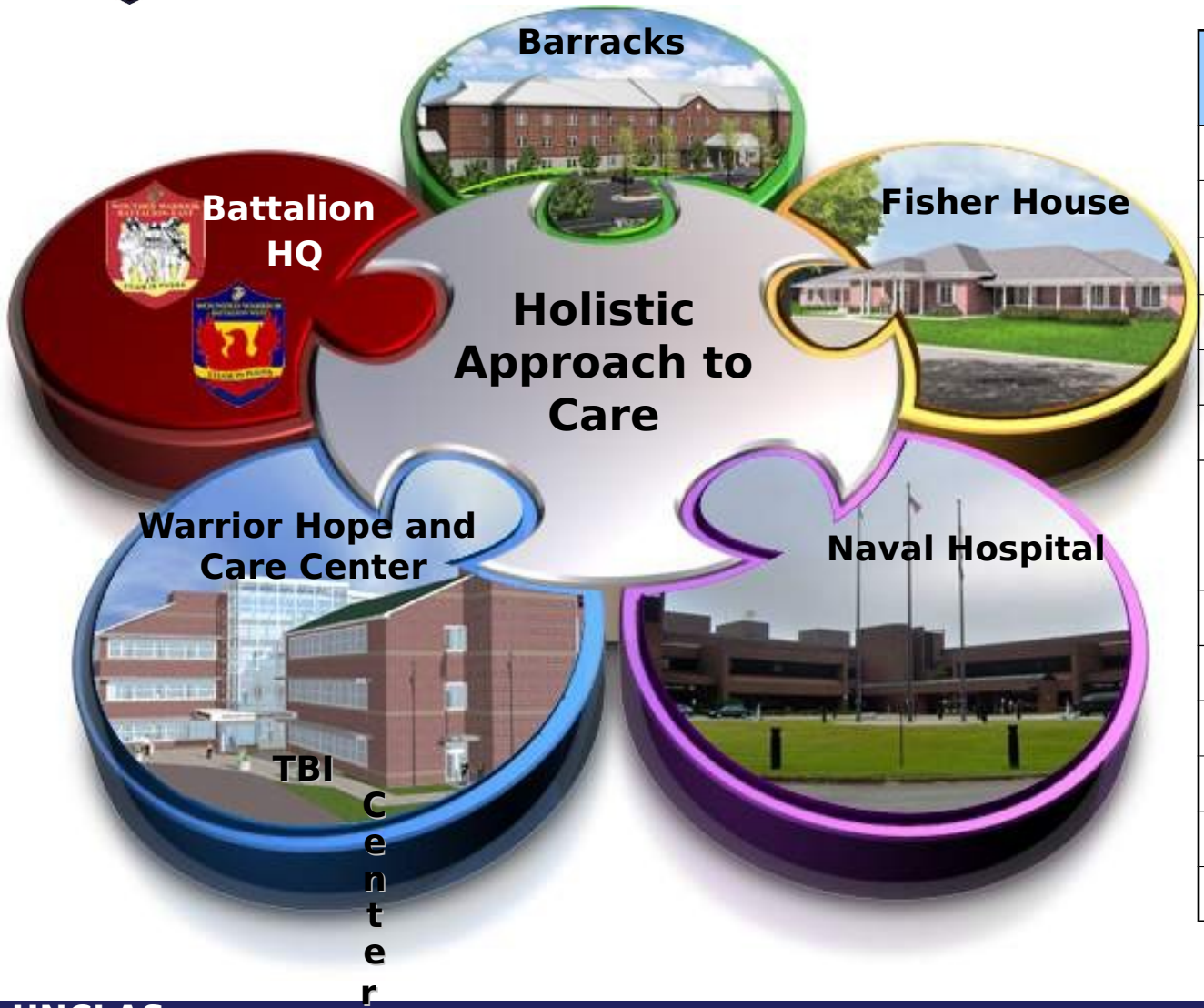
Addressing Challenges Holistically



- Challenges cannot be addressed in isolation
- A collaborative Navy Medicine/Navy/Marine Corps response addresses challenges and mitigates risk
  - Psychological issues are referred for appropriate medical treatment
  - WWR and NSH provides complementary/concurrent non-medical programs to enhance healing

Providing Healing Environments

With Navy Medicine, WWR Provides Healing Environments

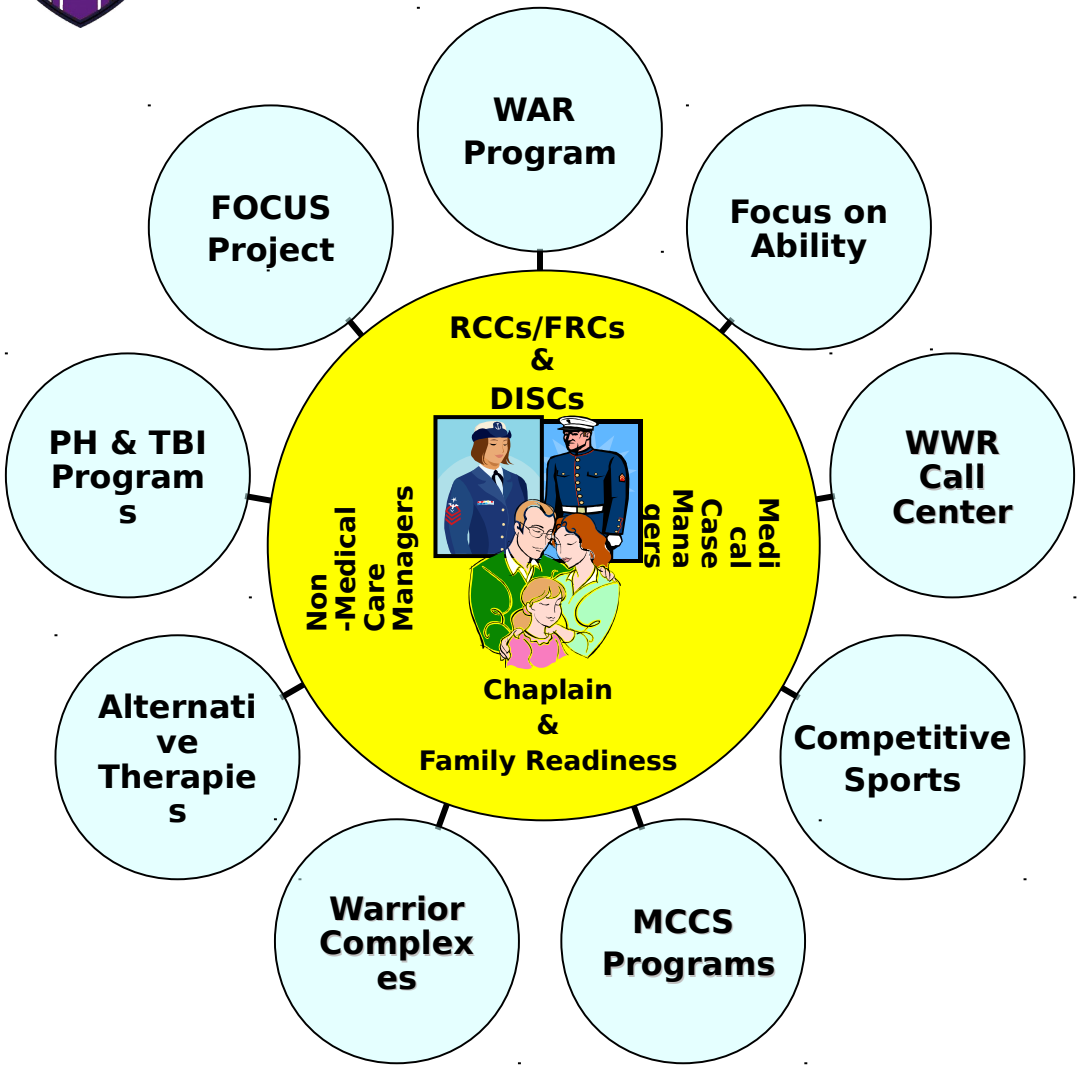


Wounded Warrior Complexes	
Headquarters Building	
Regiment	June 10
Battalion East	Dec 11
Battalion West	Aug 11
Wounded Warrior Barracks	
Battalion East	Dec 10
Battalion West	Mar 25 Ribbon Cut
Fisher House	
Battalion East	Dec 10
Battalion West	TBD
Warrior Hope & Care Center	
Battalion East	Dec 11
Battalion West	Oct 11

Providing Healing Support

- ***Navy Safe Harbor supports members with psychological health issues***
  - *Address non-medical needs so member focuses on healing*
  - *Collaborate with Navy Medicine to identify optimal care milieu*
  - *Interact with Commands to identify support resources*
  - *Advocate with Personnel Command in ADSEP cases*
  - *Engage with Navy Reserve Psychological Health Outreach Program to reach isolated Reserve members*
  - *Utilize Chaplains in supporting members and Safe Harbor Care Managers*
  - *Accommodate special travel needs through TSA*
  - *Identify recreational activities that accommodates needs*

Addressing Challenges: Support, Staying Connected, and Motivation



- ❑ Sailors/Marines must be full participants in their psychological health recovery
- ❑ NSH/WWR ensures support programs are:
- ✓ Compatible with Sailors'/Marines' interests and skills
- ✓Motivational
- ✓Confidence builders
- ✓Team oriented to guard against isolation

Motivation: Focusing on Ability

Driven by the WWR's motto, "Still in the fight"

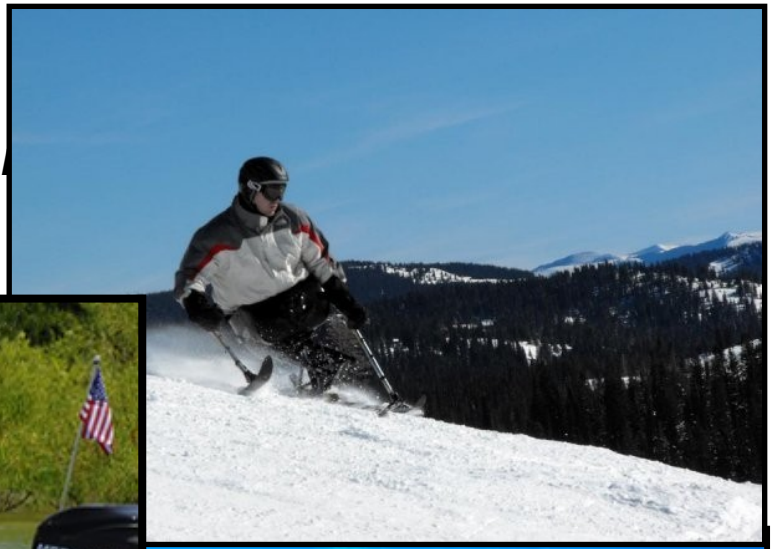
- Marketing campaign highlights WII Marines' success stories in all areas of recovery and reintegration: athletics, employment, education, community involvement, etc.
- Target audience: Recovering Marines in hospital or barracks rooms
- [illegible]indset: Emphasizes ability over disability
- [illegible]t examples, raise the bar, e

FOCUS ON ABILITY
IMPROVISE • ADAPT • OVERCOME

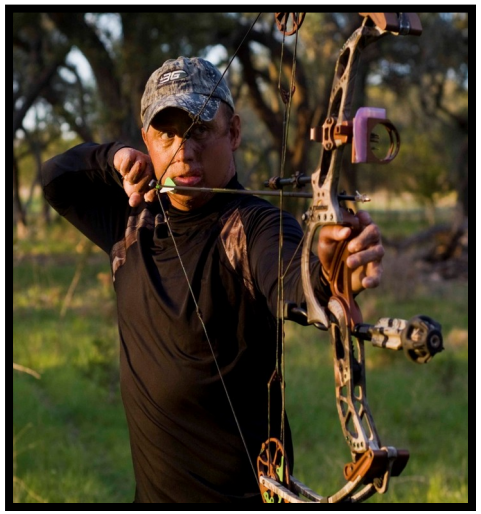
Building Confidence: Recreational Therapy

WII Sailors and Marines in action:

- ***Thriving in recreational environme***
- ***Regaining confidence***
- ***Staying motivated***



Camaraderie: Competitive Sports



Warrior Games

Colorado Springs

May 2010

The Way Forward

It's a relationship, not a process…

- Sustaining support and services
  - Caring and concerned leadership: Knowing our Sailors/Marines and ensure they get help when they need it
  - Full spectrum of recovery coordination support: From point of injury/illness to return to full duty or community reintegration
  - Continued coordination with PH/TBI subject matter experts to ensure WII Sailors/Marines receive the care they need when they need it